LCN Connections

The Monroe Institute Local Chapter Network

August 2013

Issue 8

TMI LCN Chapter - El Cagon Ca.

My husband, Mark, and I began our journey with The Monroe Institute after watching a program that aired on the Biography Channel called "Journey of the Lost."

It was then that we became obsessed about learning more of the Monroe Institute. I myself, having experienced an NDE as a child and also suffering from severe insomnia, I became quite interested in the research that TMI was conducting. Mark as well, after having two major strokes due to a birth defect in his heart, found it necessary and crucial to find a deeper type of meditation and ways of quieting his mind while in a stressful work environment.

After visiting the TMI website and downloading the free sample MP3 "Healing Journeys" and listening every night for one week, I found it quite incredible that I no longer needed sleep aids to get a good night's rest. Another aspect I also found quite interesting was the feeling of lightness, a brief separation feeling of floating on air. Being a very analytical person, I quickly asked Mark to listen to the same MP3 and tell me how he felt the next morning. I shared nothing about my experience. I felt if he had the same experience, there may be something more to this. To my surprise he described the same feeling and experience. We wanted to learn more! We began visiting the TMI website often, reading articles, books, and looking up research. We found Robert Monroe to be quite a fascinating pioneer!

> **"I found it quite incredible that I no longer needed sleep aids to get a good night's rest."**

After discovering there was a group in the Poway, California area, led by Fred and Shirley Rible, we made the trip to Poway to attend one of their meetings. This is where we first heard ***Patty Avalon's Guided Meditation***. We found it quite phenomenal!

After the meeting we talked quite a while with Fred, and he gave us the name of Kathryn Streletzky, TMI Outreach Facilitator in Northern California.

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Carol de la Herran - A Life to Celebrate

Carol made her final transition on the 4th July 2013 surrounded by her family. She had dedicated her life to The Monroe Institute and its work for many years, first in Spain and then in Virginia and she will be dearly missed by her TMI family.

We are planning a special edition of LCN Connections in honour of and as a tribute to Carol and we are inviting all who would like to contribute to this issue to forward your story to tmilcnglobal@gmail.com.

We would like it to be a story about you and your connection to and experience with Carol, a personal story.

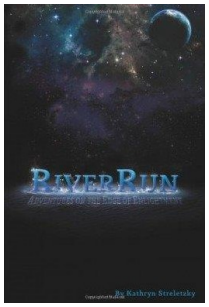
So that we can include as many stories as we can, we ask that you limit your word count to around 200, and please include a photo of you & Carol, or a photo of Carol, (if you have them) or one of yourself to be included with your piece.

Carol Sabick de la Herran.

Special points of interest:

- Book Review. - Rivers Run
- Hemi-Sync® . The Journey Home
- Guidelines Video Project
- Paul's Elixir
- I am in The Sky
- A REBAL Miracle

River Run: Adventures on the Edge of Enlightenment - Kathryn Streletzky



At the turn of the millennium, Kathryn "Mothra" Streletzky confronts death and the meaning of life both on and off the river. This book reveals the wondrously strange and compelling events that brought this whitewater kayaker to The Monroe Institute for the first time.

Monroe Institute Outreach Facilitator Kathryn Streletzky had six friends die in river accidents during a two year period. She herself almost drowned just months before her Gateway Voyage

"Join Kathryn as she takes you on invigorating and daring adventures down whitewater rapids. She pushes herself to her physical and mental limits on these adventures and learns more about death, life and beyond from a physical perspective.

"Jim said that whenever a friend died on the river, her always left behind a gift to the living."

These adventures are not the only ones Kathryn experiences. The Gateway Voyage program at The Monroe Institute, which she was to attend initially with her cousin, provide another series of amazing experiences. Although physically less dangerous, they are none the less life changing."

Gwen Jones

Kathryn now lives and creates in Monterey, California. She paddles her kayak on the ocean now, and occasionally ventures back on a wild river.

Excursion Workshops - See pg. 11 for more about Excursions

TMI Excursion Workshop
Bangalore, India

Bangalore, India
Date: August 12th—13th
Contact: Nikate Khaitan
nikatekhaitan@yahoo.co.in

This is an official accredited TMI Outreach Program

TMI Excursion Workshop
Appleton, WI

LifePath Spiritual Center
Appleton, WI
Date: August 24th—25th
Contact: Laurin Bellg
laurinbellg@gmail.com
This is an official accredited TMI Outreach Program

TMI Excursion Workshop
Paphos (Coral Bay), Cyprus

Paphos (Coral Bay), Cyprus
Date: 30th Nov & 1st Dec
In English
Contact: Linda LeBlanc
psyqnos@spidernet.com.cy
This is an official accredited TMI Outreach Program

Off - Campus Locations for Gateway Voyage Programs

Australia

Gateway Voyage

Where: Sangsurya, Byron Bay

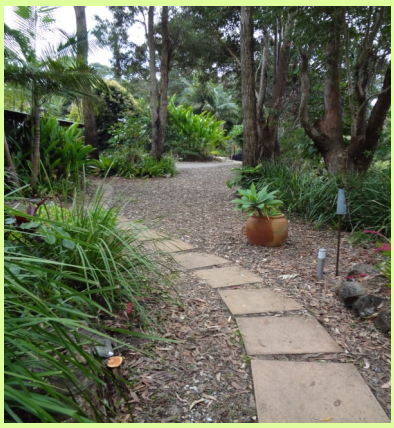
When: 24th—30th August 2013

Contact: Gwen Jones TMI Residential Trainer at

Email: jonesgwen@msn.com.au

Or phone: 07 55772867

WEBSITE LINK



Houston, Tx

Gateway Voyage

Where: Cenacle Retreat House

When: October 13th—18th 2013

Contact: Beth Vaughan TMI Residenteial Trainer at

Email tmigateway@gmail.com

To Register click on the LINK

Martin Taylor - Filmmaker - Guidelines Video Project

Many of you will either know Martin Taylor or know of him. He produced a two part video diary of his Gateway Voyage program at TMI in 2008. Underneath are those video in case you have not seen them.

The Rest of Reality Part 1 of 2

The Rest of Reality Part 2 of 2

He also has produced for TMI what they call "Gift Notes". Martin has designed a video around comments participants have made about their program experiences at TMI. Here is the link to those, if you have not seen them.

Gift Notes

Martin was a participant at our Guidelines in Australia, and along with a cinematographer friend Robert, they filmed his and others journey/experiences at the programme. He has enough footage for perhaps 2 x 30 minute videos.

Now Martin as the Film Maker needs to put it all together, a task that will take many weeks. In the end he/we will have a video that shows people about the Guidelines programme and about our amazing location, Sangsurya in Australia. Initially we plan to put it up on YouTube, Vimeo, our website, TMI website and others in an effort to "get it out there". Underneath is a link to Martin's blog of his work and also the story/prelude to his journey to Guidelines.

The Rest of Reality

To produce this work, Martin will need to spend many weeks which will take him away from "paying jobs" and he does have to eat and pay rent etc. Some of the participants at Guidelines suggested that he ask people to donate to assist him with his dream, which he has done by opening a PayPal donation account. He has also produced trailer video to his Guidelines project and that is available on YouTube, here is the link.

Still Unfolding

In his own words.

Martin Taylor: Filmmaker, creative director and avid dreamer.

"Anyone who knows me well will tell you that my biggest passions are making films, taking pictures, and exploring the world of dreams and human consciousness."

Martin has set up a PayPal account so that people can donate to his project.

The instructions to do that are underneath.

1./ Click on this link below
PAYPAL DONATION TO TMI GUIDELINES DOCUMENTARY - Thank You in advance!

2./ Click the BLUE 'SEND MONEY' button

3./ Fill in the 'sending to' email address as (be sure to get this correct):
taylorsairmail@gmail.com

4./ Fill in your email address and the amount you are very kindly contributing to help complete the film.

5./ Click on the 'PERSONAL' **tab under the amount and tick as** 'GIFT'.

6./ Click 'CONTINUE' **and follow the PAYPAL prompts to complete the process.**

7./All contributors will also get a screen credit (if they wish) in the finished film/s.

Gwen Jones
LCN Leadership Council

I Am In The Sky - Josh Langley

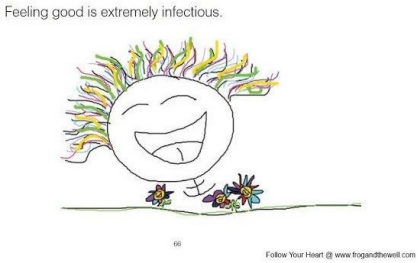
I'd woken up from a dream and rolled over and while still slowly sliding back into sleep I asked in my last few moments of consciousness what it would be like to be the sky. Not to fly and be 'in' the sky, but I wanted to experience what being the entire sky was like.

In the next moment I'm fully experiencing the expansiveness of being the sky. I was the sky. Not part of it, or floating in it, I was the entire sky. I was no longer the personality that was Josh, but my 'I AMness' was still the same, my awareness was as it is now yet without the human filters I could experience something so much more magnificent.

I am explorer, an explorer of my own consciousness and I am often left in incredible awe of what happens when I 'get out of my way' and just enjoy the journey. I spent years doubting the experiences I was having because they didn't fit in the box of what I thought I wanted, but when I let go of the expectation magic started to happen.

Josh Langley author of Dying to Know, is there life after death?

Frog & The Well website



LCN Chapter Directory - US Regions

Region 1 – New England

Camden, ME
Contact: CL CJ Kenna
cj@rockthepath.org

New England, CT, MA, RI
Contact: CCL David Baird
dbaird@msn.com

Redding, CT
Contact: CL Margo Gross
margo174@optonline.net

Region 2 – Northeast

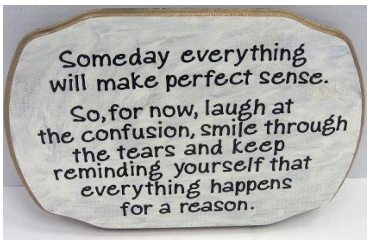
Bethlehem, PA
Contact: CL Tinamarie Alaimo
sexilize@aol.com

Geneseo, NY
Contact: CL Shannon Pickney
shannonpinckneylac@gmail.com

New York, NY
Contact: CL Allison Moore
amoore@nyc.rr.com

New York, NY
Contact: CL Heather Alfono
hmalfano1977@yahoo.com

Philadelphia, PA
Contact: CL Martha Monroe
mmonroe001@comcast.net
Contact: CL Robert Potter
ropotter500@gmail.com



Who Can Start a Local Chapter?

Attendees of a two-day Excursion Workshop or a six-day residential program at The Monroe Institute (TMI) are eligible to start a Local Chapter (LC). You will work with the Regional Coordinator in your area to help you get started. They will support you in establishing a local network regardless of your experience.

To get started email

tmilcnglobal@gmail.com

Region 3 – Mid - Atlantic

Charleston, WV
Contact: CL **Steve K**
tmicharlestonwv@suddenlink.net

Gaithersburg, MD
Contact: CCL **Hildegard Starmer**
hildegard@starmer.com

Hampton Roads, VA
Contact: CL Bobbie Gribble
rgribble1@gmail.com

Lynchburg, VA
Contact: CCL Leita Reichle
leitareichle@yahoo.com

McLean, VA
Contact: CCL Parvin Soltani Goldberg
parvinsoltani@aol.com

Midlothian, VA
Contact: CCL Donna Adams
donnaadams@comcast.net

Floyd County, VA
Contact: CCL Tip Walker
& CCL Ellen Jones-Walker
cwalker@swva.net

Pipestem, WV
Contact: CCL Anna Ferraraccio
awhite777@aol.com

Raleigh, NC
Contact: CCL Dawn Tobin
lightworkerdawn@humiluminous.com
Meetup Group Link

CCL — Certified Chapter Leader **CL — Chapter Leader**

Region 4 – Southeast

Amelia Island, FL
Contact: CL Don & Cindy Murphy
domehealingcenter@gmail.com

Atlanta, GA
Contact: CL Shaye Hudson
shaye.hudson@gmail.com

Birmingham, AL
Contact: CCL Ed Orth
eorth@charter.net

Boynton Beach, FL
Contact: CCL Beatriz Cymberknopf
binaazjz@gmail.com

Naples, FL
Contact: CCL Tony Eller
TonyEller@aol.com
Contact: Candie Sanderson
TMI.Naples@gmail.com

New Smyrna Beach, FL
Contact: CCL George & Peggie Painter georgepainter@cfl.rr.com

Ocala, FL
Contact: CCL Jean McDoniels
Ocalalight@aol.com

Orlando, FL
Contact: CCL Michael Velasquez
hemisyncclasses@aol.com

Orlando, FL
Contact: CCL Derek Simons
dereksimons1@gmail.com

Palm Coast, FL
Contact: CL Patricia Hale
PHale0913@aol.com

Sandy Springs Atlanta, GA
Contact: CCL Elissa Maclachlan
elissa@spiritleap.com

Tampa Bay Area, FL
Contact: CCL Steve DerDerian
TempleMound@live.com

LCN Chapter Directory - US Regions (cont)

Region 5 – Upper Midwest

Appleton, WI
Contact: CCL Laurin Bellg
laurinbellg@att.net
Meetup Group Link

Chicago, IL
Contact: CCL Scott Desgrosseilliers
Scott@themeditationmind.com
Meetup Group Link

Cincinnati, OH
Contact: CCL Andrea Berger
aberger@cinci.rr.com
Meetup Group Link

Columbus, OH
Contact: CL Scott Sawatzki
pharossolutions@yahoo.com

Detroit, MI
Contact: CL Rebecca Brown
elrebbrown@yahoo.com
Meetup Group Link

Fond du Lac, WI
Contact: CL Lisa Reber & Linda Heimerman
lisareber@your-souls-journey.com

Minneapolis, MN
Contact: CL Adam Schmidt
schmidtadamc@yahoo.com

Muncie, IN
Contact: CL Brad Southwick
bsouthw915@aol.com
Meetup Group Link

Woodridge, IL
Contact: CCL Marinda Stopforth
peekaboo1za@aol.com

Learn to get in touch with the silence within yourself, and know that everything in life has purpose.

There are no mistakes, no coincidences, all events are blessings given to us to learn from.

Elisabeth Kubler-Ross

Region 6 – Southwest

Austin, TX
Contact: CL Michael Minuto
mminuto@yahoo.com
Contact: CCL Bob Marshall
TMI.Austin@gmail.com
Meetup Group Link
Facebook Link

Dallas, TX
Contact: CL Luis Hernandez
luisfhc@live.com
Meetup Group Link
Facebook Link

Houston, TX
Contact: CCL Beth Vaughan
bethsrt@hotmail.com
Contact: CL Katherine Weldon-Mitchum
Katherine@livinaboard.com
Meetup Group Link
Facebook Link

Oklahoma City, OK
Contact: CL Chris Nance
yeshua2000@yahoo.com
Facebook Link

San Antonio, TX
Contact: CCL Keith Gunnell
TMI-SanAntonio@hotmail.com
Facebook Link

Tulsa, OK
Contact: CL Cassandra Martin
talkingcircle@hotmail.com
Facebook Link

I am not what happened to me.
I am what I choose to become.
Carl Jung

Paul's Elixir - Frank DeMarco

Paul Rademacher is doing it again. He started life as a carpenter; had a near-death experience that made him into a Presbyterian minister; tended a parish for 15 frustrating years; became a TMI trainer; became executive director for four years after Laurie Monroe's death; and settled down to enjoy a long slow glide toward retirement and old age. Or so he thought. But his quest keeps moving him along. On the day before Independence Day, not by coincidence, he published his first entry in his new blog, Lucid Greening

I'll let you go to the blog site itself for his description of what he wants to do and how he intends to go about doing it. His first blog entry "The Self-Evident Elixir," sketches a critical insight that applies to everyone born into this dying culture of ours.

The Declaration of Independence's famous statement, "We hold these truths to be self evident," contains, as Paul points out, the assumption that there is no use trying to get the approval of an external authority for something beyond their experience.

"We are in a similar position right now. We live with a world-view that is woefully incomplete: it is the assumption that only the material world is real and the five senses are the only legitimate means of perception.

Cont. Pge. 8

LCN Chapter Directory - US Regions (cont)

Region 7 – Midwest

Region 8 – Rocky Mountain

Crawford, CO

Contact: CCL Cindy Lyn Bartholome
hbcgreetings@aol.com

Salt Lake City, UT

Contact: CL Travis Woodward
travis.woodward@gmail.com

Region 9 – Western Region

Las Vegas, NV

Contact: CL Greg Brown
gregory@gregorypbrownmd.com

Phoenix, AZ

Contact: CCL Howard & Deborah Patterson
hpatterson@sonoranaudio.com
Meetup Group Link

Region 10 – Pacific Northwest

Columbia City, OR

Contact: CL Renee Menchen
menchen@comcast.net

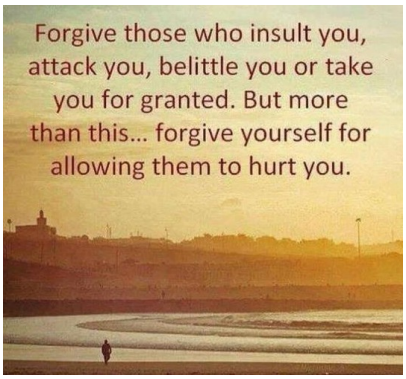
Portland, OR

Contact: CCL Alpesh "Al" Parikh
Alpesh_writer@yahoo.com

May your day be filled with blessings, like the sun that lights the sky.

And may you always have the courage to spread your wings and fly.

CCL – Certified Chapter Leader CL – Chapter Leader



Region 11 – California

Alameda, CA

Contact: CL Bruce Kallsen
bkallsen@gmail.com

Beverly Hills, CA

Contact: CL Jeanne Mount
jgriffinlion@yahoo.com

El Cajon, CA

Contact: CL Karen Hamlet or Mark Hamlet
karen@sagesnow.com

El Dorado, CA

Contact: CCL Duncan MacVean
dm95623@gmail.com

Modesto, CA

Contact: CL Kari Boltwood
karialane@comcast.com

Monterey, CA

Contact: CCL Kathy Streletzky
TMIExcursion@gmail.com

Newport Beach, CA

Contact: CL Walter Dietiker
wdietiker1@yahoo.com

Citrus Heights, CA

Contact: CL Griffin Toffler
griffin@livingdiamond.net

Strathmore, CA

Contact: CL Louise Fisher
flfish@citrusmom.com

San Diego, CA

Contact: CCL Fred Rible
f_rybul@yahoo.com

Contact: CL **Mary Giovaniello**
popazza@sbcglobal.net

Hemi-Sync® The Journey Home

Celestial music and Hemi-Sync® transport you on a poignant journey beyond space and time. Immerse yourself in this inspired musical depiction of a soul's journey to the realm of the Creator. Performed completely on analog and digital synthesizers, this enchanting soundtrack first characterizes the soul's yearning for 'home' followed by a musical recounting of the emotionally engaging journey. Bells sound in celebration of the soul's arrival in this spiritually uplifting piece which leaves you with a profound sense of inner calm. Composed and performed by Micah Sadigh, PhD. Length: 45 minutes

TMI LCN Chapter - El Cagon Ca. (Cont. from Pge.1)

I quickly contacted Kathryn, and she graciously answered some of our many questions. The fact that she is located in California allows us to attend her excursion classes without having to travel extremely long distances. Fred and Kathryn have been a tremendous encouragement and guidance for us. What a blessing to have TMI outreach facilitators in California!

After our Monroe experience, we brought together a few of our Reiki practitioner friends and started meeting on a regular basis every Wednesday night in our home and started them with the "Gateway Experience." Our goal was to gain further validation of what we were experiencing.

The group response was more than we hoped for! Before long our small group started accumulating many Monroe titles. We are still experimenting with these different titles combined with Reiki every Wednesday night. The experiences we were all having are incredible and no experience is ever the same.

Having a good friend, Theresa Favro, owner of Home and Soul Metaphysical Bookstore in El Cajon, California, has given us a great opportunity to begin our Sages Now meditation classes utilizing the many Monroe titles. Today we currently teach eight meditation classes a month using the Monroe recordings. We are so absolutely thrilled to be a part of TMI. Our goal is to help people gain better self-awareness about who they are and to help them realize as Robert Monroe always put it, "We are More Than Our Physical Bodies."

Love and Light,

Mark & Karen Hamlet

Sages Now.com

A Collaborative Effort - Deryn Winchester

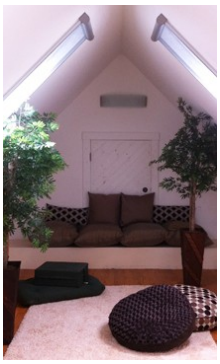
Maine was recently rocking with a large TMI family of outreach facilitators.

CJ Kenna and Stephanie Brown hosted an Excursion Workshop at their center, Rock the Path, for Steve and Deryn Winchester who facilitated a group from Boston.

It all began a year ago, when Eben Alexander, III, MD gave a lecture on his near death experience in Boston. The group he spoke before was very keen to go to TMI but was hoping that they could do it closer to home. Eben connected their group organizer, Andrea Curewitz, with Deryn and the search for a facility began. After checking out many places within the Boston area, Andrea found herself in Maine and knew the moment she came upon Rock the Path that she had found the right place.

Having already lined Deryn and Steve up to teach the workshop, CJ and Stephanie agreed to host it.

All participants were welcomed graciously at the architecturally beautiful facility that CJ and Stephanie have lovingly created. Everyone found their bunk space tucked in a different corner of the unique and intriguing building.



The workshop was held in a loft full of natural light, with comfortable Fat Boys and heated floors. The weekend was also the grand opening of their new dining area where they served delicious meals.

Because the participants' needs were so well taken care of by Stephanie and CJ, Steve and Deryn could truly relax and enjoy just presenting the workshop. It was simply amazing for them to be able to just grab a cup of tea, settle into the good energy, and await what potential the weekend held for them.

During the group introductions the first night, almost every participant said that they hoped to go out of body. Steve and Deryn had to assure them that there was no guarantee. By the end of the weekend, one guest shared that he had found it was not necessary to go out of body to find what he expected. He learned that he was everything and everything was him so as it is above it is below!

The collaboration of the event was especially fun for the four facilitators. Many stories were shared with lots of laughter and brainstorming new ideas. It was a true TMI family reunion that helped get the message out to a whole new group of people.

Many thanks and love goes to CJ and Stephanie for creating this fantastic joint venture!

Deryn Winchester

TMI Outreach Facilitator

Rock the Path website

LCN Chapter Directory - International Regions

International Region 1 – North America

Calgary, Canada
Contact: CCL Beth Haley
bethhaley@gmail.com
Meetup Group Link

St Paul, Canada
Contact: CL Jim Szpajcher
Mudman1@telus.net

International Region 2 – Latin America

Buenos Aires, Argentina
Contact: CL Martha Lobos
marthalobos@fibertel.com.ar

Mexico,
Contact: CCL Carmen Ramirez
car.ramirezm@gmail.com

Rio de Janeiro, Brazil
Contact: CCL Deborah Sachs
desachs@attglobal.net

San Juan, Puerto Rico
Contact: CCL Carmen Montonto
academiamc2@gmail.com

International Region 3 – Europe

Macclesfield, England
Contact: CL Richard Northwood
richnorthwood@tiscali.co.uk

Copenhagen, Denmark
Contact: CCL Anja Lysholm
anja@efterlivet.dk

London, England
Contact: CL Michael Fasani
michaelfasani@gmail.com

Barford, England
Contact: CL William Lamb
tminorfolkandsuffolk@gmail.com

Paris, France
Contact: CCL Nelly Jolivet
n.jolivet@yahoo.com

Muiderberg (NH), Netherlands
Contact: CL Joop de Jong
joopde_jong@hotmail.com

Noord Brabant, Netherlands
Contact: CL Leidi Haaijer
info@hemisound.nl

Cluj, Romania
Contact: CCL Petru Stetiu
anapes@clicknet.ro

Satu Mare, Romania
Contact: CCL Ritta Nicoara
rittanicoara@yahoo.com

Bucharest, Romania
Contact: CL Marilena Ionescu
marilenaionescu@gmail.com

Switzerland
Contact: CCL Peter Renner & CCL Nicole Stoecher
peter@tmi-zurich.ch

International Region 4 – Japan

International Region 5 –Asia

International Region 6 –Africa

International Region 7 –Australia

Gold Coast, Queensland
Contact: CCL Gwen Jones
jonesgwen@msn.com.au

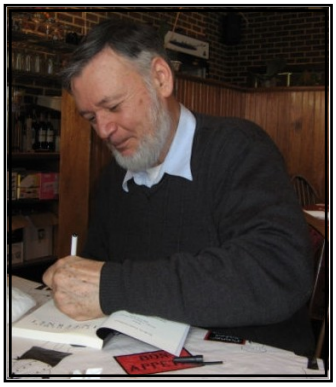
Melbourne, Victoria
Contact: CCL Irene Blanck
blanck.irene@gmail.com

Perth, Western Australia
Contact: CCL Elaine Bowes-Lamb
tmiperthandregionswa@gmail.com

Sydney, New South Wales
Contact: CL Alyshane Pooloo
alyshane@live.com

International Region 8 –India

Kolkata, West Bengal
Contact: CCL Nikate Khaitan
nikatekhaitan@yahoo.co.in



Paul's Elixir - Frank DeMarco (cont. from pge. 4)

I call it the `physicality assumption' and it dominates our science, our educational system, and our business. But many of us know that the physicality assumption is inaccurate. This is *self- evident* to us because we have experienced something more – and that `more' shatters the old world-view. We can debate endlessly with the powers that be and hope that someday things will change. But there comes a time to transcend the debate and make a simple, powerful, statement: `We hold these truths to be self-evident: we are more than physical bodies and life is more than material existence alone.' That declaration implies a decision to live by a very different value system, regardless of the consequences."

Heady stuff. What's more, he ties our experiences to the hero's journey that Joseph Campbell wrote and spoke about. The hero is taken beyond normal life, and is tested, and receives assistance – and returns to his community with a gift. It isn't enough to survive. Individuation journeys are completed by returning to the community with a gift, and that gift is what you learned on the journey.

Or, as Paul puts it, "This connection to the transcendent has been virtually obliterated in our society. And it will remain that way until, we who know something different, are willing to cut through the debate and stop waiting for science, industry or education to validate what we already know.

As to how we do that – well, that's the point of his blog and his new work. I think he has just jumped with both feet into yet another life.

Frank DeMarco - Author

A REBAL Miracle in Christiansburg, VA

For Clara Keller that Friday began as any other day. By early afternoon, however, it was anything but normal. Clara's life was in the balance.

At 1:55 p.m. Clara and three classmates were working in the computer lab at the New River Community College's satellite campus, located in a Christiansburg, Virginia, shopping mall.

Suddenly the shooting started. Clara thought she had heard a gunshot but was unsure at first. Then she heard a woman screaming and more gunshots. Clara and her classmates quickly took cover under their desks.

More gunshots rang out as terrified shoppers rushed to the mall exits, and teachers and staff frantically tried to secure their doors. Two women were shot.

Then the gunman entered the computer lab. He stood there, saying "'I can hear you. I know you're in here. Come out." No one moved or even breathed. After what seemed like an eternity he left.

Clara and her classmates continued to huddle under their desks. Then, without warning, the gunman entered the lab again, this time through the back door. Clara knew that she and her classmates were now in the shooter's direct line of sight. But miraculously, he stood there surveying the computer lab, cocked his gun, stood a while longer, and then walked out without firing a shot. Minutes later the police subdued the gunman.

This is the story most people know—accurate but not complete. The most powerful part is missing. Clara, an active and enthusiastic member of TMI Floyd County, shared the rest of the story with us at a local chapter meeting.

Clara, a TMI *Excursion Workshop* graduate, had not only learned the REBAL (Resonant Energy Balloon) technique but she had also continued to use it on a regular basis in daily life. While hiding under her desk in those horrific moments, Clara instinctively put up a protective balloon of high energy around herself. She was terrified that she might see her classmates shot, but she knew for certain that she was protected and would be safe. She then extended her own REBAL to surround her classmates, all others who were in harm's way, and the entire school.

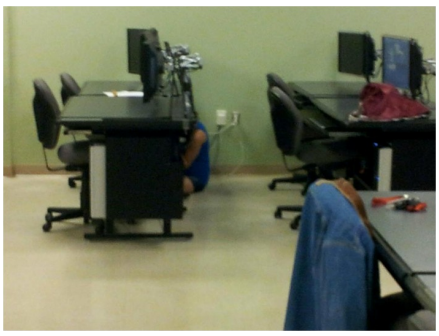
From that point on, no one else was shot. Many people were miraculously skipped over. In one office two women were leaning up against the hall door to prevent the gunman from entering. The gunman shot through all of the doors in that hallway except for theirs.

Clara and her classmates were completely exposed the second time the gunman entered the computer lab but they were, Clara feels, completely invisible to him because of the high level of energy within the REBAL. What a beautiful and powerful consciousness tool!

Ellen Jones-Walker

TMI Outreach Facilitator

LCN Regional Coordinator



Clara as viewed from the gunman's position

Time to Commit - Alyshane Pooloo

I'm certain not many of us will disagree that time appears to be moving at quite a rampant pace often leaving many saying "I don't have the time..." or "I need to commit to this but cannot seem to find the time..". Rest assured you are not alone and take a step back to remember: There is always time and you are always committed. The question is what are you committed to within your time?

A valuable investment of your time can be spent to reflect on what it is you actually commit to and is an exercise rarely taken. It can reveal some very surprising insights as to how much time is spent even on simply *thinking* of what you would like to commit to or all the things you do not have time for.

A recent example of this was with a client of mine who had trouble committing to 20 minutes of exercise today. This lovely individual was very upset and would talk so often about how she needed to make some changes in her lifestyle. I asked if she could take, on a day of her choosing, a record of how many instances or how many minutes she was thinking about this. The next day I received a call with an almost playful tone. My client had said within the 24hrs she had several revelations including – a) the most time spent thinking of her desired commitments was during a 1hr break of tv after work, and she never was truly engaged with the program but rather in a state of limbo b) during her lunch break when there was inconsequential discussions with a lot of bad food she would zone out and think about it.

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Take the first step in faith. You don't have to see the whole staircase, just take the first step.
Dr. Martin Luther King Jr.

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LCN Membership Discounts
$300 off one Residential Program annually for Regional Coordinators.
$200 off one Residential Program annually for Certified Chapter Leaders.
$100 off one Residential Program annually for Chapter Leaders & Co-Chapter Leaders.

Please note these discounts only apply to 6 day residential programs and are only available at TMI Virginia & TMI organized programs in California.

TMI Program Schedule

Are you are interested in participating in one of the 6 day residential programs at TMI?

Full details of programs held at Virginia, across the US and around the world are located on the TMI website at the following link:
www.monroeinstitute.org/program-dates/

Human consciousness is evolving, awakening to the discovery of Self. All of us are participants in the evolution of consciousness, the next great leap for humanity.
We perceive ourselves to be more than just our physical bodies. We are connected to the universe through nonphysical dimensions and a holographic matrix of timeless information. Life itself is not something physical and death something spiritual.

"We marvel at the wonder of an emerging perception of reality that has been waiting for us to realize all along."

For us, life's experiences have taken on a new significance. We marvel at the wonder of an emerging perception of reality that has been here waiting for us to realize all along.

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Time to Commit? - Alyshane Pooloo (cont. from pge. 9)

She finished exclaiming she has found a couple of great blocks of time where instead of stressing about her lack of commitment, she could now commit to taking action. I cheekily remarked, "it will feel good to take time away from the commitment of worrying about your lack of commitment!"

This example can be applied to any set of circumstances, especially where we truly *believe* there is not a second to spare and that you could not possibly commit to more. When we believe this, then we will not even consider looking at how we can change the situation. Similar statements with regards to meditations, diarising dreams or committing to time for Hemi-Sync or just in general occur all around us. If you do find yourself in this predicament, step into the "dark side" and take a look at what is not of service to you and replace it with the bits nagging at you. As a hot tip – the time you start hearing the nagging within is probably one of the times you can afford to "reconsider"

I cheekily remarked, "it will feel good to take time away from the commitment of worrying about your lack of commitment!"

Alyshane Pooloo LCN Chapter Leader

Outreach - Excursion Workshops

The basic Outreach program is a weekend workshop called the Excursion Workshop.

This two-day adventure into expanded states of awareness facilitates profound relaxation, deep contemplation, increased intuition, and communication with the higher self and with related energies.

Important personal revelations are commonplace during an **Excursion**.

Specifically designed exercises with the Hemi-Sync® audio-guidance technology form the core of the workshop, together with explanation, discussion, and supportive group interaction.

Looking for TMI Excursion Workshop in your area?

Details can be found on The Monroe Institute website at the following address:

http://www.monroeinstitute.org/outreach/calendar/

TMI Local Chapter Network

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For previous issues of LCN Connections CLICK HERE

LCN Mission Statement

The Mission of the Monroe Institute Local Chapter Network is to establish independent local communities that will provide continuing support for program graduates as they endeavour to integrate their TMI experience into their daily lives and continue their exploration of consciousness and personal growth.

The Local Chapter Network will also provide a point of contact for others wishing to learn more about TMI and its programs.

The Monroe Institute Local Chapter Network

Networking and Connecting Individuals & Communities

Submission Guidelines to the LCN Connections

1. Do you have a story to tell that the LCN community would enjoy or have read a great book you would like to tell others about?
3. Would you like to advise the LCN Community about your Workshop?

Send your submission to
The Editor LCN Connections
tmilcnglobal@gmail.com

•Information about workshops and other special TMI events, including local chapter meetings, Excursion Workshops and TMI Residential programs will be disseminated in a neutral and non-partial way by the LCN Leadership Council, for the purpose of informing potentially interested persons and not for the purpose of advertising a particular workshop or event.

•The LCN Leadership Council and the Editor of the LCN Connections maintain the right to edit any given submissions.

•All photos submitted must be in a jpeg format and permission to print from all parties must accompany photos containing people.

Disclaimer: The views and content presented in this newsletter are written by and compiled by volunteers of the Local Chapter Network and do not necessarily reflect those of The Monroe Institute.

Footnote: The Local Chapter Network is an organization of volunteers who support the work of The Monroe Institute. Logos and registered or trademarked names are used with the permission of The Monroe Institute.

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